Vibrant life
BE VIBRANT. BE YOU.

February 2020
Be Well

Courtyard at Mt Tabor
Independent Living • Assisted Living • Memory Care

Location Keys

Bus Trip	BT
Community Room	CR
Theatre/Chapel	TC
Wellness Center	WC

♥ Be Well

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 OPEN GYM
2 Groundhog Day OPEN GYM	**3** OPEN GYM 9:30 ♥ Aqua Exercise [BT] 10:00 ♥ Stretch & Strength Exercise Class [CR] 10:30 ♥ Strong & Stable Balance Exercises [WC] 11:00 ♥ Stretch & Strength Exercise Class [CR] 1:00 ♥ TAI CHI with Tom $ [CR] 2:30 ♥ Custom Exercise Workouts [WC]	**4** OPEN GYM 9:30 ♥ Blood Pressure Check [TC] 10:00 ♥ Stretch & Strength Exercise Class [CR] 10:30 ♥ Strong & Stable Balance Exercises [WC] 11:00 ♥ Stretch & Strength Exercise Class [CR] 2:00 ♥ Custom Exercise Workouts [WC]	**5** OPEN GYM 10:00 ♥ Stretch & Strength Exercise Class [CR] 10:30 ♥ Strong & Stable Balance Exercises [WC] 11:00 ♥ Stretch & Strength Exercise Class [CR] 1:00 ♥ TAI CHI with Tom $ [CR] 2:00 ♥ Custom Exercise Workouts [WC]	**6** OPEN GYM 10:00 ♥ Stretch & Strength Exercise Class [CR] 10:30 ♥ Strong & Stable Balance Exercises [WC] 11:00 ♥ Stretch & Strength Exercise Class [CR] 2:00 ♥ Custom Exercise Workouts [WC]	**7** OPEN GYM 10:00 ♥ Stretch & Strength Exercise Class [CR] 10:30 ♥ Strong & Stable Balance Exercises [WC] 11:00 ♥ Stretch & Strength Exercise Class [CR] 1:00 ♥ TAI CHI with Tom $ [CR]	**8** OPEN GYM
9 OPEN GYM	**10** OPEN GYM 9:30 ♥ Aqua Exercise [BT] 10:00 ♥ Stretch & Strength Exercise Class [CR] 10:30 ♥ Strong & Stable Balance Exercises [WC] 11:00 ♥ Stretch & Strength Exercise Class [CR] 1:00 ♥ TAI CHI with Tom $ [CR] 2:30 ♥ Custom Exercise Workouts [WC]	**11** OPEN GYM 9:30 ♥ Blood Pressure Check [TC] 10:00 ♥ Stretch & Strength Exercise Class [CR] 10:30 ♥ Strong & Stable Balance Exercises [WC] 11:00 ♥ Stretch & Strength Exercise Class [CR] 2:00 ♥ Custom Exercise Workouts [WC]	**12** OPEN GYM 10:00 ♥ Stretch & Strength Exercise Class [CR] 10:30 ♥ Strong & Stable Balance Exercises [WC] 11:00 ♥ Stretch & Strength Exercise Class [CR] 1:00 ♥ TAI CHI with Tom $ [CR] 2:00 ♥ Custom Exercise Workouts [WC]	**13** OPEN GYM 10:00 ♥ Stretch & Strength Exercise Class [CR] 10:30 ♥ Strong & Stable Balance Exercises [WC] 11:00 ♥ Stretch & Strength Exercise Class [CR] 2:00 ♥ Custom Exercise Workouts [WC]	**14** OPEN GYM Valentine's Day 10:00 ♥ Stretch & Strength Exercise Class [CR] 10:30 ♥ Strong & Stable Balance Exercises [WC] 11:00 ♥ Stretch & Strength Exercise Class [CR] 1:00 ♥ TAI CHI with Tom $ [CR]	**15** OPEN GYM
16 OPEN GYM	**17** OPEN GYM Presidents' Day 9:30 ♥ Aqua Exercise [BT] 10:00 ♥ Stretch & Strength Exercise Class [CR] 10:30 ♥ Strong & Stable Balance Exercises [WC] 11:00 ♥ Stretch & Strength Exercise Class [CR] 1:00 ♥ TAI CHI with Tom $ [CR] 2:30 ♥ Custom Exercise Workouts [WC]	**18** OPEN GYM 9:30 ♥ Blood Pressure Check [TC] 10:00 ♥ Stretch & Strength Exercise Class [CR] 10:30 ♥ Strong & Stable Balance Exercises [WC] 11:00 ♥ Stretch & Strength Exercise Class [CR] 2:00 ♥ Custom Exercise Workouts [WC]	**19** OPEN GYM 10:00 ♥ Stretch & Strength Exercise Class [CR] 10:30 ♥ Strong & Stable Balance Exercises [WC] 11:00 ♥ Stretch & Strength Exercise Class [CR] 1:00 ♥ TAI CHI with Tom $ [CR] 2:00 ♥ Custom Exercise Workouts [WC]	**20** OPEN GYM 10:00 ♥ Stretch & Strength Exercise Class [CR] 10:30 ♥ Strong & Stable Balance Exercises [WC] 11:00 ♥ Stretch & Strength Exercise Class [CR] 2:00 ♥ Custom Exercise Workouts [WC]	**21** OPEN GYM 10:00 ♥ Stretch & Strength Exercise Class [CR] 10:30 ♥ Strong & Stable Balance Exercises [WC] 11:00 ♥ Stretch & Strength Exercise Class [CR] 1:00 ♥ TAI CHI with Tom $ [CR]	**22** OPEN GYM
23 OPEN GYM	**24** OPEN GYM 9:30 ♥ Aqua Exercise [BT] 10:00 ♥ Stretch & Strength Exercise Class [CR] 10:30 ♥ Strong & Stable Balance Exercises [WC] 11:00 ♥ Stretch & Strength Exercise Class [CR] 1:00 ♥ TAI CHI with Tom $ [CR] 2:30 ♥ Custom Exercise Workouts [WC]	**25** OPEN GYM 9:30 ♥ Blood Pressure Check [TC] 10:00 ♥ Stretch & Strength Exercise Class [CR] 10:30 ♥ Strong & Stable Balance Exercises [WC] 11:00 ♥ Stretch & Strength Exercise Class [CR] 2:00 ♥ Custom Exercise Workouts [WC]	**26** OPEN GYM 10:00 ♥ Stretch & Strength Exercise Class [CR] 10:30 ♥ Strong & Stable Balance Exercises [WC] 11:00 ♥ Stretch & Strength Exercise Class [CR] 1:00 ♥ TAI CHI with Tom $ [CR] 2:00 ♥ Custom Exercise Workouts [WC]	**27** OPEN GYM 10:00 ♥ Stretch & Strength Exercise Class [CR] 10:30 ♥ Strong & Stable Balance Exercises [WC] 11:00 ♥ Stretch & Strength Exercise Class [CR] 2:00 ♥ Custom Exercise Workouts [WC]	**28** OPEN GYM 10:00 ♥ Stretch & Strength Exercise Class [CR] 10:30 ♥ Strong & Stable Balance Exercises [WC] 11:00 ♥ Stretch & Strength Exercise Class [CR] 1:00 ♥ TAI CHI with Tom $ [CR]	**29** OPEN GYM

Created on Tuesday, January 28, 2020 3:44 PM